

DO YOU/CAN YOU  
DO THIS?  
SHORT WELLNESS SELF-  
CHECKS

## Do you get Massages and Do they Work (Treatment of Medical Conditions)



The [NCCIH](#) suggest that the risk of harmful effects from massage therapy appears to be low. However, there have been rare reports of serious side effects, such as blood clot, nerve injury, or bone fracture. Some of the reported cases have involved vigorous types of massage, such as deep tissue massage, or patients who might be at increased risk of injury.

**Self-Wellness: Solving problems.**

There is no denying that massage feels good and helps with stress and anxiety, but does it work for medical conditions ([Paper](#)). Well, simply put it makes you feel good yes it does, but when it comes to treating health issues and its associated pain it depends. It depends especially on the therapist you are seeing. The more experienced and educated therapist can really offer insight and treatment that can give long lasting relief for hours to days. But it does not necessarily solve the problem, which is the case for other treatments (acupuncture, chiropractic, ultrasound, mobilizations, etc.). Typically that is achieved through a well thought out conditioning program that is followed consistently and accurately, which can be done in conjunction with massage and other modalities. It also depends on why you are getting a massage. Clinical guidelines issued by the American College of Physicians in 2017 included massage as an option for treating acute/subacute low-back pain, but did not include massage therapy among the options for treating chronic low-back pain ([Review](#)). The same can be said about neck pain and shoulder pain ([Review](#)) in that it helps initially. Osteoarthritis of the knee has been shown to also benefit in the short term from massage, but no studies have looked at the long term ([Paper](#)). Therefore we suggest that it be used not in isolation, but with other modalities especially the aforementioned conditioning program. Only a small number of studies have looked at massage for headache and results have not been consistent. Massage therapy can be part of supportive care for cancer patients who would like to try it with cautions; however, the evidence that it can relieve pain and anxiety is not strong according to [NCCIH](#). A study concluded that massage therapy, if continued for at least 5 weeks, improved pain, anxiety, and depression in people with fibromyalgia, but did not have an effect on sleep disturbance ([Study](#)). **In the treatment of tendonopathy there is some evidence that it is beneficial, but it does not show greater benefit than other form of physical therapy ([Review](#)). There is a good deal of evidence that it helps with sore muscles ([Study](#)). So it depends when it comes to massage and treating medical conditions. It seems like it can be very helpful in many cases in the short term, but it does not solve the problem long term without being part of an overall treatment plan.**